

WIC Program Explanation For Clients:

- WIC provides nutrition & breastfeeding education and support, supplemental foods, and referrals.
- All clients will receive a nutrition assessment to help identify their individual needs.
- WIC foods are prescribed for each individual client.
- These foods are supplemental and may not meet all of your needs. Additional foods may need to be purchased.
- You will be notified when your benefits are about to expire. WIC will reassess your situation for continued eligibility.
- WIC staff will help you achieve your nutrition and health goals for you and your family.

